

Milford **Recreation** *Spring Guide*



2013

www.milfordrec.com



MEMBER OF



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Recreation Events

Odin Rathnam & Laura Kennedy in Recital

All ages. Join us for an afternoon of blissful music featuring the artistry and talents of violinist Odin Rathnam and pianist Laura Kennedy.

Milford Town Hall Auditorium.



Sunday, 2/3 3pm

Adult \$20 Student/Senior \$10

Purchase tickets online at www.milfordrec.com

Daddy Daughter Dance

All Ages. Join us for the 4th Annual Daddy Daughter Dance where girls are escorted to a special night of fun! This event is sure to make your daughter's first dance a memorable one. Formal wear is highly recommended. Food, DJ, raffle prizes and a photo of this memorable night (electronic copy only). Advance tickets sales only. No tickets will be sold the night of the dance, tickets are limited. **Town Hall 3rd Floor Auditorium.**



Saturday, 2/9 6-8pm

ADVANCE TICKET SALES ONLY

\$15 per couple/ \$5 each additional child/ \$25 family

W.I.L.D. Life Encounter!

Youth. All animal lovers welcome! Come learn about exotic animals from the W.I.L.D. Center & Zoological Park of New England, where they will take you on an imaginary safari around the world! Come meet a wallaby, lemur, reptiles, alligator, arctic fox and so much more! There will also be an opportunity to meet a couple of friends up close at the end of the show! After, join us for a FREE snack and refreshment in the Banquet Hall. Sponsored by the Milford Area Mother's Club. **Milford Town Hall Auditorium.** **Pre-register at www.milfordrec.com or tickets available at the door.**



Wednesday, 3/6 10am-12pm \$2 per person

W.I.L.D. Life Encounter

Come meet and learn about exotic animals from all over the world! Wednesday, 3/6 @ 10am Milford Town Hall Auditorium

Recreation Events

Concertmaster Joseph Scheer in Concert

All ages. Joseph Scheer was handpicked to be the concertmaster of the Boston Pops Esplanade Orchestra by Maestro John Williams. Over the course of his career he has performed in virtually every great concert hall and with every great conductor and soloist imaginable. Don't miss an extraordinary evening of music making featuring the solo compositions of J.S. Bach! **Milford Town Hall Auditorium.**



Saturday, 3/23 7:30pm

Adult \$20 Student/Senior \$10

Purchase tickets online at www.milfordrec.com

Easter Egg Hunt

Grades 4 & under. Hop on over to this wonderful event for the whole family that you don't want to miss! Get your picture taken with the Easter Bunny himself, play egg-citing games, win some prizes, raffles and more! **Keyes Field / Milford Town Hall 3rd Fl. Auditorium. Bring your own basket.**



Saturday, 3/30 11am-1pm

FREE for Milford Residents

Clara Kennedy Performance

All ages. Join us for an evening of music that will take you places you've never been. The artistry of Milford/Julliard graduate, Clara Kennedy, is a night you should not miss! Singing, playing guitar and delighting you with English, Spanish and French songs coupled with some fabulous ranchero tunes that will keep you singing into the night. She is a return artist to the Milford Recreation Department Concert Series and we hope you are able to join her once again in a wonderful homecoming concert! **Milford Town Hall Auditorium.**



Saturday, 4/20 7:30pm

Adult \$20 Student/Senior \$10

Purchase Tickets online at www.milfordrec.com

Spring into Spring with Milford Recreation!

Bus Trips

Foxwoods Casino Day Trip



Adults 21+. We invite you to try your luck at our gambling getaway to Foxwoods Casino. Motor Coach transportation, casino bonus package which includes a FREE buffet or \$10 food voucher/Keno voucher. Book your seat online at www.milfordrec.com.

Saturday, 2/16 \$32 per person
Depart Milford 8am/ Depart Casino 4:45pm
(Parking at Cirtronics, Rt. 13)

Boston Flower Show 2013!



All ages. Seeds of Change— will showcase how the region's best green thumbs are fearlessly embracing new plants, methods and materials to increase the beauty, the bountiful harvest and the ecological friendliness of their gardens and outdoor spaces. **Space is limited. book your seat online at www.milfordrec.com.**

Thursday, 3/14 \$38 per person
Depart Milford 9am/Depart Boston 2pm
(Pickup from Garden St. Municipal Parking Lot next to Police Station)

Mohegan Sun Bus Trip



Adults 21+. We invite you to try your luck at our gambling getaway to Mohegan Sun. Motor coach transportation and a casino bonus package that includes a food and casino play voucher.
Reserve your seat on the coach bus by May 3.

Saturday, 5/18 \$32 per person
Depart Milford 8am/Depart Casino 4:45pm
(Parking at Cirtronics, Rt. 13)

New York City Annual Bus Trip



Adults & Families. Upon arriving at Battery Park in NY, you will board a ferry to the Statue of Liberty and then Ellis Island. After viewing the exhibits, our group will visit the 9/11 Memorial. **Book your seat online at www.milfordrec.com.**

Saturday, 8/10 \$88 per person
Depart Milford 6am/Depart NYC 6:30pm
(Parking at Cirtronics, Rt. 13)

Kids Vacation Programs

School Vacation Programs



Grades K-5. Looking for something fun and affordable during vacation week? Each day is filled with active games, art, music, team building activities, board games, and a pizza & movie on the last day of the program. Please pack a snack and lunch each day and appropriate clothing for outdoor play in the town parks if weather permits. **Min of 6 participants. Please register early! Town Hall 3rd Fl. Auditorium.**

Winter Break 2/25-3/1 8:30am-4pm
Res \$125/NR \$135
Register by Feb 8 & SAVE \$15

Spring Recess 4/22-4/26 8:30am-4pm
Res \$125/NR \$135
Register by April 5 & SAVE \$15

Youth Programs

Youth Drama Workshop



Ages 7-15. Development through drama is a 10 week workshop that includes staging stories, visualization, mime, movement and puppetry. Learn to use a script and put on a show! This session's theme is Jungle Tails, feel the rhythm and excitement of the jungle! **Instructor Roberta Woolfson. www.lightsupdrama.com. Town Hall 3rd Fl. Auditorium.**

Thursday, 2/7 Open House/play reading 3:30PM
ALL WELCOME !

SPRING SESSION

Thurs 2/7-4/18 (No class, 2/28)
Ages 10-15 3:30-5pm Ages 7-11 5-6:30pm
Rehearsal 4/13 Performance 4/18 @ 6pm

Res \$150/NRes \$160
Register online at www.milfordrec.com

Don't miss out on the open house!

Thursday, February 7th
3:30pm
All are welcome!

Youth Programs

Tot Drop-In

Toddlers & Parents. Sponsored by the Milford Area Mother's Club. This is a great place for parents and toddlers to come play and chat. Lots of toys and open space. **Town Hall 3rd Fl. Auditorium.**



Mon 12:30-2:30pm Follow MSD Calendar
Thur 9:30-11:30am
\$2/3 per family; member/non-member

Toddler Tumbling

Ages 2-5. These 4 week sessions include fun activities and exercises that will help children develop balance, encourage locomotion, learn to follow instruction and develop independence! And now you have a choice of two different times to take the class, a morning and afternoon session. Parent participation is required. **Instructor MRD Staff. Town Hall 3rd Fl. Auditorium. Limited to 10 participants.**



Fridays 10-10:30am & 1:45-2:15pm
***Afternoon session starts 3/15/2013**
Res \$18/NRes \$20

Session 2/15-3/8 (No afternoon session)
Session 3/15-4/5
Session 4/12-5/10 (No class, 4/26)
Session 5/17-6/7

Tiny Kicks & Lil' Kickers Youth Soccer Programs

Ages 2-5. Get your children outdoors & moving! Join us for Tiny Kicks & Lil' Kickers, an introduction to soccer program for ages 2-5. While learning about soccer they will also improve coordination, following instructions, encourage locomotion and living a healthy and active lifestyle! Parent participation is required. **Instructor Stephanie Zubricki. Minimum of 6 participants per class.**



Tuesdays Res \$25/NRes\$30
Tiny Kicks: Ages 2-3, 10-10:30am & 1-1:30pm
Lil' Kickers: Ages 4-5, 9:15-9:45am & 1:45-2:15pm

Session 4/2-4/30 (No class, 4/23)
Session 5/7-5/28
Session 6/4-6/25

Youth Programs

Safe Sitter: Babysitter Training Course

Ages 11-15. This fun and exciting course teaches sitters the importance of their unique job responsibilities. Participants will learn how to respond in an emergency situation, how to prevent accidents, how to play and interact with children of all ages, how to feed babies and CPR introduction! Prepare your child for increased responsibilities and money earning potential. Great for big brothers and sisters! This is a 1-day (6-7 hour) intensive training course. Please pack a lunch. Safe Sitter course includes training manual and certification upon completion. **Instructor Stephanie Zubricki. PRE-REGISTRATION REQUIRED. Minimum of 6 participants.**



Saturdays	9am-4pm	\$75 per person
Spring	4/27	
Summer	7/13	
Fall	10/5	
Winter	1/11	

For the Family

Contra Dance

All Ages. Contra Dance refers to several folk dance styles, in which couples and individuals dance in two facing lines. Come meet new friends, no partner required, easy to learn and lots of fun! **Coordinator Frank Woodward 603-487-2480. Town Hall 3rd Floor Auditorium.**



Adults \$7/Children 6-12 \$3.50

Feb	Fri, 8pm	2/22
Mar	Fri, 8pm	3/22 "Mad Hatters Ball"
Apr	Fri, 8pm	4/26
May	Fri, 8pm	5/24
Jun	Fri, 8pm	6/28

Shepard Park Public Ice Skating Rink

All ages. Enjoy the winter season by gliding around on Milford's outdoor public skating rink. Ice conditions dependent, closings will be posted on Facebook and www.milfordrec.com. **Shepard Park.**



Rink open through 8pm FREE

Spring into Spring with Milford Recreation!

For the Family

Archery Lessons

Youth & Adult. Learn to shoot like Katniss in The Hunger Games. Katniss' father and the Gamemakers' training center helped her develop archery skills that were needed for survival in The Hunger Games, even before she became a tribute. No equipment necessary, just bring your willingness to learn how to shoot. **Instructor Dana White. Indoor location Bales Gym/Outdoor location Keyes Field.**



Wednesdays 5:30-6:30pm Res \$60/NRes\$65
Session 3/13-4/3
Session 4/10-5/8 (No class, 4/24)
Session 5/15-6/5
Session 6/12-7/3

Adult Programs

Register with a friend, coworker or family member & get up to half off the registration price! (That's as low as \$10/week!)

The Biggest Loser!

6-Week Weight Loss & Fitness Challenge

Families, Friends & Individuals. Want to challenge yourself and learn some tips to become healthier? Then join us for a fun competition to lose weight! We offer a unique 6 week program that gets you motivated to shed those pounds and look and feel great! Fun fitness classes for all ages!. Weekly weigh-ins and discussion topics each Monday evening. **Town Hall Banquet Hall. Must have 12 participants. REGISTRATION DEADLINE APRIL 21.**



Monday Weigh-Ins 4/29-6/10 5:45pm
(no weigh-in 5/27 Memorial Day, will take place on Tuesday 5/28 at 5:45pm)

Individual Res \$120/ NRes \$140
Group of two Res \$180/ NRes \$210
Group of 4 Res \$240/ NRes \$280

Register online at www.milfordrec.com

Adult Programs

Coed Pickup Basketball

Ages 18+. Dust off the Chuck Taylors and hit the court for some pickup basketball.

Volunteer Coordinator Steve Facques.
Bales Gym. Limited to 20 participants.



Tue & Thur @ Bales Gym 6:30-9pm
\$25 per person 1/10-5/23
(Please note there is no program 2/14, 2/26, 2/28, 3/12, 4/23, 4/25)

Coed Softball League

Ages 18+. Open to all surrounding communities. Limited number of teams accepted. Mandatory coaches meeting at sign ups. **Volunteer coordinator Rob Carson.**



Registration & Mandatory Coaches Meeting
Sat, 4/20 Milford Town Hall 12-1pm

\$360 per team (*does not include umpire fees)
Season: Sundays, 5/5-8/25
(Please note there is no play at Keyes Field July 21st or August 4th, and no games May 26th or July 7th)

Coed Pickup Volleyball

Ages 16+. Looking for a place to go brush up on your volleyball skills and have some fun? All ability levels are welcome at this open format of play. **Coordinator Stephanie Zubricki.**
Heron Pond. Limited to 25 participants.



Mondays @ Heron Pond Gym 6:30-8:30pm
\$35 per person 3/25-5/20
\$5 Drop-in Fee per person (No program 4/22)

Pre-register online at www.milfordrec.com

Coed Pickup Soccer

Ages 16+. Miss being on the field and kicking the ol' soccer ball around? Come join us and get back into it! You must register prior to the season. Proper equipment required **Coordinator Stephanie Zubricki. Keyes Field. Limited to 30 participants.**



Wednesdays @ Keyes Field 6-8pm
\$35 per person 5/1-6/26
\$5 Drop-in Fee per person

Pre-register online at www.milfordrec.com

Senior Activities

Coffee Connection

Each month we offer a different activity.
Coffee and refreshments served.

Milford Town Hall Banquet Hall.



2nd Wed. each month 10-11:30am \$1 donation

March 13th: Community Service Project: Easter Eggs

April 10th: Woodman Florist "Floating Rose Bowl"

May 8th: Windows on West St. Café (\$10, 11:15am)

June 12th: Laughter Yoga with Peggy Cappy

BRUNCH BINGO

Bring a brown bagged lunch and play B-I-N-G-O! Product prizes for winners of each game. Refreshments will be provided. **Milford Town Hall Banquet Hall.**



4th Wed each month 12-2pm \$1 donation

Saint Patrick's Day Pot Luck

Seniors. Irish or not, it's a time to celebrate! Join us for a delicious pot luck luncheon, games and fun Irish entertainment! The Cunniffe Academy of Irish Dance will be coming and have planned a special performance just for us! Don't miss out on this fun St. Patrick's Day celebration! **Located at the Milford Town Hall, 3rd floor Auditorium and Banquet Hall.** Register and sign up a food dish with the Milford Recreation Department, 249-0625, in advance.



Wednesday, 3/20 10:30am-1pm

***No fee, just bring an appetizer, entrée, or dessert to share at the pot luck for entrance to this event.**

**Register for ALL
programs online at:**

www.milfordrec.com

Community Happenings

Southern NH Outdoor Recreation Expo

Come get educated about the extensive trail systems that are available in Southern New Hampshire. Hiking, running, biking, cross-country skiing and snowmobiling trails, which are largely supported by public and private donations and maintained by public and private organizations, are often free and open to all users. The expo will host more than 60 vendors who will present their outdoor recreation options.

Saturday, April 13 from 10am-5pm FREE Admission
Event location: Hampshire Hills, Milford, NH

Guided Hikes

Sponsored and run by the Conservation Commission. **4th Saturday of each month (except December).**



9-11am, rain or shine.

<http://www.milford.nh.gov/town/boards-committees-and-commissions/conservation-commission/4th-saturday-hikes>

Heart Saver CPR/AED Course

Preparation makes the difference. If you witness a medical emergency, will you be prepared to respond? Be ready to deliver lifesaving care with this course. **For more information contact Milford Ambulance Director, Eric Shelberg at 249-0610 or eschelberg@milford.nh.gov.**



123rd Annual Firemen's Ball

All proceeds to benefit Milford Firemen's Relief Association. Live music by the Mirage Band! Food will be provided & donated by Papa Joe's and the event will be held at the Milford VFW. **Tickets available at Milford Fire Station, may be purchased at the door the night of the event.**



Saturday, 4/13
Tickets \$10 each

7pm-Midnight